

INPHARMATION



SURVIVAL GUIDE FOR ALLERGY SEASON

Special Points of Interest:

April, May, June

April 1st– April Fools

April 10th– Good Friday

April 12th– Easter

May 10th– Mother's Day

May 25th– Memorial Day

June 14th– Flag Day

June 21st– Father's Day

1st Day of Summer



In the spring, trees and grasses can be common allergens which trigger you and your family's allergies. Allergic rhinitis, or hay fever, is often a problem for lots of people. Common symptoms are: a stuffy or runny nose, sneezing, congestion, itchy eyes and nose, sore throat, and a cough that may be worse at night and in the morning. Adults and children with seasonal allergies usually exhibit these symptoms when exposed to outdoor allergens, such as pollens, grasses and weeds.

What are allergies? Allergic disorders affect an estimated 1 in 5 adults and children and are the sixth leading cause of chronic illness in the United States, according to the Allergy Report from the American Academy of Allergy, Asthma and Immunology. Allergies are the immune system's inappropriate response to a foreign substance. Exposure to what is normally a harmless substance, such as pollen, causes the immune system to react as if the substance were harmful. Substances that cause allergies are called allergens.

The most common allergens are pollens and dust mites. Allergic rhinitis, or hay fever, is the allergic response to pollen. It causes inflammation and swelling of the lining of the nose, as well as the protective tissue of the eyes. Treatment options include over-the-counter and prescriptions oral and topical medications. Among the most effective strategies to reduce allergic

rhinitis symptoms is avoidance.

Avoiding pollen exposure by staying indoors when pollen counts are high, closing windows and using air conditioning will help reduce symptoms.

Seasonal allergies are common and impact people during the spring. For many people, the symptoms begin with an itchy nose or throat. They may also experience sinus trouble, watery eyes, coughing and wheezing. Your family doctor can help identify, diagnose and treat your allergies. There are simple steps you can take to help manage your indoor allergies as well:



- **Keep the pollen outdoors** remember pollen travels indoors on people. Keep jackets and shoes close to the front door to help stop the spread of pollen throughout the house.
- **Keep indoor air clean** keeping your house's windows and doors closed and running your air conditioner will help keep irritants outside.

- **Know the pollen count forecast**

there are lots of resources you can use to track the pollen forecast in your area. If the pollen count is going to be high, which it will be on hot and dry days, try to find alternatives for your outdoor plans.

- **A little spring cleaning** seasonal house cleaning can go a long way in ridding your home of allergens.

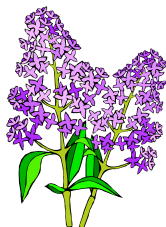
Allergy sufferers sometimes look for relief with over-the-counter products. There are many medicines available over-the-counter to treat mild allergy symptoms. The most common medicines are antihistamines and decongestants. Some medicines combine an antihistamine and a decongestant, and some include a pain reliever.

Over-the-counter medicines come in many forms. They are available as pills, nose sprays, eye drops, and topical creams and lotions.

As with any medicines, when taking over-the-counter medications be sure to discuss this with your health care provider or the pharmacist.

REFERENCES:

Clevelandclinic.org
Healthline.com



*“The spring is fresh
and fearless
And every leaf is
new,
The world is
brimmed with
moonlight,
The lilac brimmed
with dew.*

*Here in the moving
shadows
I catch my breath
and sing —
My heart is fresh
and fearless
And over-brimmed
with spring.”*

~Sara Teasdale



“BEHIND THE SCENES” PHARMACY INFORMATION AND

Outpatient pharmacy hours:

Monday - Thursday
0800-1800hrs
Friday 0800-1700hrs.
Saturday/Training Holidays
0800-1600hrs
Closed all Federal Holidays/
Sundays.



IMPORTANT PHONE

NUMBERS:

Automated refill pharmacy:
719-524-4081 Local
1-888-745-6427 Long Dist.
Web Site:
www.evans.amedd.army.mil
And click on “Online Prescriptions”

Outpatient pharmacy:
719-526-7410 or
719-526-7411
We can print out an active
profile of your medications at
the pharmacy windows.

For information on using the
TriCare Mail Order Pharmacy
(TMOP) call 1-866-363-8667
or visit them on-line at
[www.tricare.osd.mil/
pharmacy/tmop.cfm](http://www.tricare.osd.mil/pharmacy/tmop.cfm) or ask
for a TMOP brochure at the
pharmacy.

**To better serve you, please
have patients' ID card ready
and refrain from cell phone
use at the windows.**



MEDICATION SAFETY AND

Here are a few quick tips to
make sure you receive the
maximum health benefits from
your medication:

- Keep all medications out of reach of children
- Always take your medication exactly as prescribed by your doctor
- Do not take medications out of their original container
- Do not change the amount or discontinue your medication without your doctor's approval
- Finish all medication, unless otherwise directed by your doctor
- Never take someone else's medication
- Never put medicine in a container labeled for another medicine
- Discard medication that has expired. After the expiration date, medications can change chemically and become either ineffective or potentially harmful
- Do not store medications in the bathroom, most are hot and steamy, and heat and moisture can significantly decrease a medication's effectiveness
- Keep out of direct sunlight
- Read the label and directions each time you take a dose
- Changes in shape, size, color or odor (or softening, cracking, hardening or cloudiness of a liquid) are indications that a medication may no longer be safe
- If you have any doubt about the safety or effectiveness of your medication, ask your pharmacist or doctor

